

"Good digestion depends on good teeth.

"Good eyesight depends on good digestion.

"You may truly say that a man sees with his teeth, as he fights with his teeth.

"Going into the army, with change of food, of water, of life habits, care of the teeth is extremely important and at the same time apt to be neglected.

"Many young men are together in close quarters; they work hard from daylight in the morning until they are exhausted in the evening. No wonder their inclination is to throw themselves on their cots in the tents with little attention to the fighting weapons hat nature has put inside their mouths.

"But a greater mistake could not be made. As a good soldier carefully cleans and oils the rifle that has been exposed to wet and to rust, so the wise soldier carefully cleans and brushes the teeth that will be important to him and contribute to his happiness and health and success twenty-five and fifty years from now, when that rifle and this war will only be memories to him.

"Take care of them even though the men about you do not take care of theirs. You are tired, sleepy, could 'drop in your tracks,' you will not even take off the clothes which you wear, but sleep in khaki. Very well, but take one-half minute more and clean those white weapons that will help you fight the Germans when the time comes, help you to good digestion, clear vision, strong nerve and elastic muscles.

"Bring back your teeth sound and white.

"When a young lad sees that you have taken the trouble to remember, he is ashamed not to use what you have taken the trouble to send.

"Remember this fact, for it is fact. 'It will be better as regards the fu-

ture battle of life of the young man who is going to use his brain in building up a success to come back with one leg missing rather than to come back with his teeth ruined.

"With one leg off you can think and work with your brain as well as ever. But with your teeth ruined, which means digestion impaired and the quality of the blood impaired, you can not do the work or enjoy the life that is possible with sound teeth.

"Help the young men to come back with white ivory fighting weapons so much neglected and so important.

"See that every soldier has his good toothbrush and his good dentrifice, with frequent renewals of the supply.

"Soldiers, bring back a clean mind, clean body, clean teeth, and you will find success waiting here for you."

THINGS TO WORRY OVER.

Elephants are subject to the measles.

Centipedes only have 48 legs.

The world will end in the year 2098.

The average life of the Tortoise is 100 years.

ENLARGE HOSPITAL.

The tuberculosis hospital at Azalea, N. C., is to be enlarged to the extent of a \$380,000 outlay. The building will include twelve open-air wards for enlisted men, two officers' wards, three infirmary buildings, two buildings for nurses, officers' quarters

SWEETS WILL WIN THE WAR



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